

# Spicy Lemon Garlic Sautéed Cabbage

Try adding a protein such as shrimp to turn this side dish into an entree. Feel free to adjust the spices to suit your taste!

<b>YIELD</b> 5 SERVINGS	<b>PREP TIME</b> 5 MIN	<b>TOTAL TIME</b> 20 MIN
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## INGREDIENTS

1 Tbsp	Olive Oil
1 each	Yellow Onion, medium, finely sliced
1 each	Green Cabbage, core removed and shredded (~ 2.5 lbs. = 5 cups shredded)
¼ – ½ tsp	Crushed Red Pepper Flakes
½ tsp	Kosher Salt
¼ tsp	Black Pepper
5 each	Garlic, cloves, minced
½ each	Lemon, juiced
½ cup	Cilantro Leaves, finely chopped



## CHEF'S NOTES

To shred the cabbage, quarter the cabbage through the core, and then cut out the core. Cut each piece crosswise in half and finely shred.

Cabbage is underrated but is a nutrient powerhouse, with high levels of vitamin C. It is antioxidant-rich and has been shown to have anti-inflammatory benefits!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a large nonstick sauté pan over medium high heat. Once the pan is hot, add the oil then the onion. Sauté onion until translucent, about 2-3 minutes.
3. Add the cabbage, and cook until softened and lightly browned, about 5-7 minutes. Stir occasionally to allow the cabbage to brown on the edges, about every 30 seconds to 1 minute.
4. Add the red pepper flakes, salt, pepper, and garlic, stirring to combine.
5. Remove the pan from the heat and add the lemon juice and cilantro, stirring to combine. Enjoy!

# Nutrition Facts

5 servings per container

**Serving Size** 1 cup (270 g)

Amount per serving

**Calories** 100

% Daily Value \*

**Total Fat 3g** 4%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 240mg** 10%

**Total Carbohydrate 17g** 6%

Dietary Fiber 6g 23%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein 4g** 7%

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 1mg 8%

Potassium 500mg 10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

